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TAKE IT EASY, AFFLECK

THAT'S THE PLAN FOR BEN'S COMEBACK AFTER YEARS OF OVEREXPOSURE LEFT PEOPLE SICK PAGE 11

First Ebola case diagnosed in U.S.

Health officials say patient who had travelled from Liberia is now being treated in Dallas PAGE 6

PM, wife named in grisly parcel

Magnotta jury shown photos of contents contained in mailings to political offices and schools PAGE 6

Free Wi-Fi coming across Surrey

Wired. City partnering with Shaw to offer service at many hot spots

EMILY JACKSON
emily.jackson@metronews.ca

Surrey residents who want to surf the web on the go will soon have access to more than 40 hot spots. JUSTIN SULLIVAN/GETTY IMAGES

Prepare to be jealous, Vancouverites. Surfing the web in Surrey is about to get a whole lot easier.

The City of Surrey has partnered with Shaw Communications Inc. to provide free Wi-Fi service at more than 40 hot spots across the city, including all recreation centres and a number of parks, buildings and public spaces, the city announced Tuesday.

Shaw provides guest access to its Go Wi-Fi service in more than a dozen municipalities across B.C., but Surrey will be the first in the Lower Mainland with such extensive service.

And it won't cost the city any cash.

Rather, the city will give Shaw the right to install its Go Wi-Fi equipment in city buildings in exchange for public access to the service that Shaw will operate for 10 years. Residents must sign up for the service with their email addresses, which Shaw can use for marketing purposes.

The free Wi-Fi initiative is part of Surrey's strategy to socially engage and connect with the community, said Geoff Samson, manager of the city's information technology division.

The city already has limited Wi-Fi at about 18 locations, but the deal with Shaw will improve bandwidth speeds and expand coverage from building lobbies into fitness centres and gyms.

"People will be able to stream music when they're working out," he said. "We really want to put citizens first, to make sure they're getting the service that's going to make them well connected."

It took the city only a year and a half to ink the deal, Samson added.

Meanwhile in Vancouver, city officials have yet to implement free Wi-Fi despite having discussed the idea for nearly a decade.

Wi-Fi is available at public libraries and city hall, but not in busy public spaces such as parks or Granville Street.

In 2013, the city passed a digital strategy promising free Wi-Fi hot spots by 2016, and in spring 2014 the park board started looking into parks and beaches where the service could be offered.

So when will Vancouver finally get free Wi-Fi?

"That's a good question," Mayor Gregor Robertson said when asked at city hall on Tuesday.

"We've been working with Shaw and other partners on free Wi-Fi around the city and there are some options in the works, but it's still a work in progress for Vancouver," Robertson said.

"It's definitely something to look forward to."

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FIVE THINGS YOU NEED TO KNOW TODAY

1
VAPE VOTE
Vancouver city council will decide today whether to ban the use of e-cigarettes at all places tobacco smoking is banned, including beaches, parks and patios.

2
GOOD CAUSE
The first annual Read for the Cure event in Vancouver is today at the Vancouver Marriott Pinnacle Downtown. It includes authors Steven Galloway, Annabel Lyon and Gabrielle Zevin.

3
CALI BAG BAN
Planning a shopping trip to the Golden State? Bring a reusable bag. California has become the first U.S. state to ban single-use plastic bags.

4
LIGHT THE WAY
The torch route for the Toronto 2015 Pan Am Games will be revealed today with the help of retired astronaut Chris Hadfield and Olympians Simon Whitfield and Catriona Le May Doan.

5
KUNG FU PARITY
Netflix has reached an agreement with The Weinstein Company to make the new Crouching Tiger: Hidden Dragon available online as it debuts in IMAX cinemas.

ISIS Research Centre at UBC to change its name

Avoiding confusion. Centre does not want negative association with terrorist group

A University of B.C. research centre has become an unexpected victim of the terrorist group known as the Islamic State of Iraq and al-Sham, or ISIS.

The university's ISIS Research Centre is changing its name to distance its brand and avoid confusion with the high-profile terrorist group responsible for the recent deaths of two American journalists and widespread violence in Syria and Iraq.

Joanna Buczkowska-McCumber, director of social innovation at the soon-to-be-formerly-named ISIS Research Centre, said staff decided to look into a name change after media coverage of the terrorist group intensified in recent weeks.

"They have such a negative association, we felt that this was the time to change the name," she told Metro. "We take our brand seriously and the work we do, so we don't really want to be associated with that kind of name and being poked fun at, as well."

The centre isn't the first entity to be forced to change its name because of its now-negative association with the terrorist group.

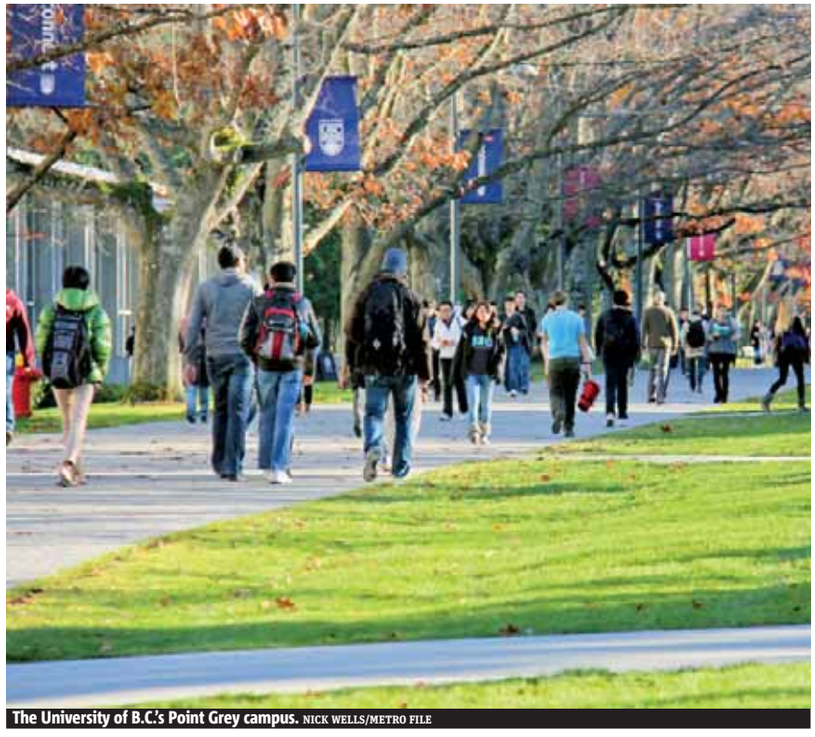
A Calgary jewelry shop named Isis recently changed its name, along with a U.K. private equity firm and an educational initiative at a Texas university.

UBC's ISIS Research Centre was originally named in 2010 after the Egyptian goddess, Isis, who is the goddess of fertility and a steward to the poor, said Buczkowska-McCumber.

"We wanted the name to really be meaningful in the sense that what we do is really focused on innovation with a social and environmental impact using business tools," she said.

Buczkowska-McCumber said the research centre is fast-tracking the process to adopt a new name, which it hopes to launch within the next couple of weeks.

"The sooner the better," she said. THANDI FLETCHER/METRO



The University of B.C.'s Point Grey campus. NICK WELLS/METRO FILE

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Park injunction hearings delayed until next week

Oppenheimer. Judge adjourned the city's application for an injunction until Monday

A judge has granted lawyers a little more time to prepare its case against the City of Vancouver's bid to dismantle the tent city at Oppenheimer Park.

B.C. Supreme Court Justice Jennifer Duncan adjourned the city's application for an injunction until Monday to give lawyers Mark Pontin and DJ Larkin, representing the interests of the homeless at the camp, time to marshal evidence ahead of the scheduled two-day hearing.

However, Duncan was quick to say that the health and safety concerns of police and fire officials — filed as affidavits in the Park Board's application last week — are legitimate and issued a set of court-imposed conditions on the campers, who have been living at the Downtown Eastside park since July.

"The police concerns are valid and documented," Duncan said in court. "Close quarters and deteriorating living conditions in the park appear to be propelling the situation towards further and greater instances of disregard for the law."

The conditions include a ban on fires and flammable fuels (which went into effect Tuesday night) and a ban on any tarps that do not conform to the shape of tents and may obstruct sightlines into the camp (in effect starting 7 p.m. on Wednesday).

MATT KIELTYKA/METRO

The tent city at Oppenheimer Park in Vancouver's Downtown Eastside.

EMILY JACKSON/METRO FILE

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Economy

B.C. adds First Nations to prop up provinces job plan

Jobs Minister Shirley Bond has added a new pillar to prop up the B.C. Jobs Plan — First Nations and aboriginal peoples. Bond says First Nations have always been a part of the plan but the latest version of the Liberal government's economic blueprint for the province makes specific mention of aboriginal participation in the economy. THE CANADIAN PRESS

Investigation

Pilot unable to recover in training flight: Report

The Transportation Safety Board has concluded that a 16-year-old pilot was unable to recover from a manoeuvre, sending the plane he was operating into a high-speed nosedive in mountainous terrain west of Kamloops, B.C.

Lorne Perreault died in the crash in what the TSB investigation said was supposed to be a two-hour training flight on Aug. 6, 2013. THE CANADIAN PRESS

CBSA. No prior sign of distress over deportation from suicide victim: Inquest

A Mexican woman willingly signed travel documents for her deportation and was calm and showed no distress in the days before she hanged herself, a Canada Border Services Agency officer told an inquest into the death.

Lucia Vega Jimenez seemed to accept the fact that she was being deported and that her flight was booked back to Mexico, CBSA case officer Raman Vandher told the inquest on Tuesday.

Together with a senior colleague, Vandher informed the woman of the plan while observing her reaction so they could assess if an escort would be required for security purposes, she testified.

"She didn't have a lot to say when we asked about how she felt about it. She understood," Vandher said on the inquest on its second day.

The 42-year-old hotel worker was found inside a shower stall at the Vancouver airport holding cells on Dec. 20, 2013. She was taken off life-support in hospital on Dec. 28 with her sister by her side.

The inquest was called to examine the circumstances leading to her suicide in order to make recommendations for preventing similar deaths.

The inquest has heard that Jimenez grew increasingly tense and lost her appetite while incarcerated under maximum security because she had difficulties retaining a lawyer in the three weeks in December leading up to her death.

Two imprisoned foreigners who befriended Jimenez at Alouette Correctional Centre for Women, east of Vancouver, said she confided in them a fear of torture or death by a gang or drug cartel if returned home.

Others, including a prison nurse who speaks Spanish, reported only ever being told she feared an abusive boyfriend.

Jimenez finally made contact with a lawyer five days before a crucial deadline in the deportation process.

Vandher testified about a convoluted series of communications between herself, Jimenez and the lawyer about a key document that would give the woman more time to fight her removal.

THE CANADIAN PRESS

'Not a city project'. Rapid transit not in capital plan

Rapid transit may be Vancouverites' top priority for new investments, but you won't see money put aside for a Broadway subway in the city's proposed four-year capital plan.

"That is not a city project, that's a TransLink project, so you won't find funding for that in this capital plan," Peter Judd, the city's general manager of engineering services, said on Tuesday at a city council discussion on the 2015-to-2018 capital plan.

The billion-dollar capital plan, which council is scheduled to vote on Wednesday, lays the tracks for spending on big-ticket items such as waterworks and roadways over the next municipal election cycle.

Rapid transit emerged as the top priority for new investments in the capital plan in consultation with more than 1,000 residents and businesses in May, according to a staff report. The city's goal is to boost trips by transit, walking and cycling, as its roads cannot accommodate a massive increase in cars as its population grows, Judd said.

But that doesn't mean it will step forward to fund rapid transit, namely the $2-billion Broadway subway from VCC-Clark Station to Arbutus included in the Metro Vancouver Mayors' Council's regional transportation plan.

"There may be a need for a city role in funding in the future, but that is yet to be determined," Judd said.

Typically, the federal and provincial governments fund such projects along with private partners.

In the case of the Canada Line, the city put in $29 million compared to $450 million from the federal government, $435 million from the province and $300,000 from the Vancouver International Airport Authority.

EMILY JACKSON/METRO

Have your say

There will be a plebiscite question on the ballot asking for voters' approval to borrow money for the capital plan, two-thirds of which is slated to go to renewing existing infrastructure.

Port Hardy. 280,000 fish killed by rare algae bloom

A rare and extreme algae bloom killed an estimated 280,000 fish at a northern Vancouver Island salmon farm last week.

Campbell River-based salmon producer Marine Harvest Canada said the company estimated a loss of up to 1,100 tonnes of salmon with an average weight of 4.1 kilograms each as a result of the bloom.

Communications manager Ian Roberts said the company had been on high alert over the summer for Heterosigma akashiwo, a harmful plankton known to kill salmon, at its Marsh Bay salmon farm near Port Hardy, B.C.

"There was little wind, and you put the water not moving and warm temperatures together, and things bloom," said Roberts.

Roberts said the loss of salmon, which were a few months away from being harvested, accounted for about three per cent of the company's overall salmon production for the year. THANDI FLETCHER/METRO

Marcus Milwright, a professor in the University of Victoria's department of art history and visual studies, is searching for the identity of the soldier who owned this two-volume leather diary. COURTESY UVIC PHOTO SERVICES

Soldier's identity a UVic mystery

J.M. Initials and a daughter named Adele only clues in search for identity of Great War sketchbooks' creator

THANDI FLETCHER
thandi.fletcher@metronews.ca

The University of Victoria is hoping history buffs might help them uncover the identity of a mystery soldier behind two First World War sketchbooks.

The two volumes of leather-bound books, which contain about 130 sketches and drawings ranging from caricatures to sombre images of trenches, have been housed within the university's special collections and archives for decades.

But Lara Wilson, university archivist and director of special collections, said the identity of the sketchbook's owner has been a mystery since at least the 1960s, when it is believed the university received the items.

"We just don't know," she told Metro. "Whenever it came to us, either we didn't have the records or the records have been lost."

With the books set to be featured in an upcoming exhibit, Arts of World War I, which opens Nov. 7, Marcus Milwright, a professor in the department of art history and visual studies who co-curated the exhibit, said he wanted to try to track down the identity of the unknown soldier.

"It's a history mystery worthy of its own exhibition," he said.

The only clues?

The initials J.M., which the artist signed on the sketches, and a dedication that reads "To my daughter, Adele," he said.

Milwright said the images, which depict life on the front lines in France and Belgium in 1917 and 1918, suggest the artist was a British soldier who survived the war, he said.

"The paintings themselves are so proficient that my feeling is this must be a trained artist," he added.

Milwright said he believes a family member sold the diary, possibly through an estate sale following the death of J.M.'s daughter.

Anyone with information about J.M., Adele M. or the diary is asked to contact Milwright at mmilwrig@uvic.ca.

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Magnotta jurors shown photos, bizarre notes referencing PM

Jun Lin murder trial. PM Stephen Harper and his wife Laureen named by accused in exhibits seen in court

In this artist's sketch, Luke Rocco Magnotta, left, watches proceedings on the opening day of his first-degree murder trial in Montreal on Monday. MIKE MCLAUGHLIN/THE CANADIAN PRESS

A bizarre note naming Prime Minister Stephen Harper and his wife Laureen was part of the evidence viewed by jurors at Luka Rocco Magnotta's first-degree murder trial Tuesday.

The jury took a closer look at photos showing the contents of four parcels that were mailed to political offices in Ottawa and schools in Vancouver.

One of them contained a neatly written note on pink paper that included an obscenity and read: "Stephen Harper and Lauren Teskey will know who this is. They f—ked up big time." Teskey is Harper's maiden name.

Magnotta, 32, faces a first-degree murder charge in the May 2012 slaying and dismemberment of Chinese student Jun Lin. He is also charged with criminally harassing Harper and other members of Parliament, mailing obscene and indecent material, committing an indignity to a body and publishing obscene material.

Magnotta pleaded not guilty on Monday to all five charges. He has admitted to the crimes, but his lawyer has indicated he will mount a defence of mental disorder.

On Tuesday, the jurors were able to view photos taken in 2012 by three Montreal police crime-scene technicians. One officer's photos showed the parcels that were mailed to Ottawa and Vancouver.

One box had a heart drawn in black marker at the bottom, while another contained dark stains. Among the items recovered from the boxes were pink tissue paper, gift bags and four handwritten notes, including at least one bearing the name of "Lauren Teskey," clearly referring to the prime minister's wife.

THE CANADIAN PRESS

The apartment

Another officer's photographs took jurors inside the Montreal apartment where Lin's slaying is alleged to have occurred.

- It was largely empty of contents, but there were red stains and marks, in particular in the refrigerator and on a mattress.

First U.S. diagnosis

Dallas hospital confirms patient has Ebola

A patient at a Dallas hospital has tested positive for Ebola, the first case of the disease to be diagnosed in the United States, federal health officials announced Tuesday.

The patient was in isolation at Texas Health Presbyterian Hospital, which had announced a day earlier that the person's symptoms and recent travel indicated a possible case of Ebola, the virus that has killed more than 3,000 people across West Africa and infected a handful of Americans who have travelled to that region.

The person, an adult who was not publicly identified, developed symptoms days after returning to Texas from Liberia and showed no symptoms on the plane, according to the Centers for Disease Control and Prevention.

THE ASSOCIATED PRESS

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Bigger is better? Qantas debuts the Airbus A380

Qantas is putting the world's biggest passenger plane on the world's longest airline route.

A Qantas Airbus A380 touched down Monday at Dallas-Fort Worth International Airport about 15 hours after leaving Sydney, Australia, on the 13,800-kilometre journey.

The double-deck, four-engine jet was greeted with a water-cannon salute, then taxied to a two-storey gate that was configured just for the behemoth.

The inaugural flight carried a full load of 484 passengers, according to a Qantas spokesman.

DFW is a large airport with connecting flights throughout the U.S. and Latin America, making it ideal for the plane and the route. But the A380's size also limits its appeal. Smaller planes such as Boeing's latest, the 787, are more economical on many routes.

Qantas previously flew the Sydney-Dallas route with the Boeing 747, which required a stopover in Brisbane, Australia.

"The 747 served us really well, but it doesn't have the range of the A380," said Qantas Senior Executive Vice-President Vanessa Hudson.

For travellers wishing to fly the new route, it won't be cheap. Hudson said tickets are roughly $1,900 US in economy; double that for the roomier seats in premium economy; $7,000 for business class; and $12,000 to $13,000 for first class. THE ASSOCIATED PRESS

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Online streaming

Spotify's launch in Great White North is music to our ears

The online music streaming service Spotify has officially launched in Canada.

While several competitors have been offering similar services in this country for years, many music fans had still pined for access to Spotify, which was officially launched by Swedish entrepreneur Daniel Ek in 2008.

Spotify popularized the concept of granting Internet users legal access to a huge catalogue of music to stream without having to purchase songs or albums à la carte. THE CANADIAN PRESS

C-c-c-changes

EBay to spin off the popular PayPal

EBay is splitting off its fastest growing segment, the PayPal payment service, the e-commerce company said Tuesday.

Investors applauded the news, sending eBay's shares up nearly seven per cent in morning trading. The move comes after months of pressure from activist investor and billionaire Carl Icahn, who has a 2.5 per cent stake in eBay, according to FactSet. THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.29¢ (-0.37¢)

TSX 14,960.51 (-16.41)

OIL $91.16 US (-$3.41)

GOLD $1,211.60 US (-$7.20)

Natural gas: $4.13 US (no change)
Dow Jones: 17,042.90 (-28.32)

'Sexist' baby PJs miss the Target

'I only date heroes'. Parents outraged to see clothing for babies playing into outdated gender stereotypes

Hundreds of people denounced Target for selling "sexist" baby pyjamas after a university professor posted a photograph of the clothing on social media.

The boy clothing features a Superman logo and the line "Future Man of Steel," while the girl item has the same logo but the line: "I Only Date Heroes."

"It seems kind of ridiculous to talk about who an infant girl is going to date," said Aimee Morrison, an associate professor of English at the University of Waterloo.

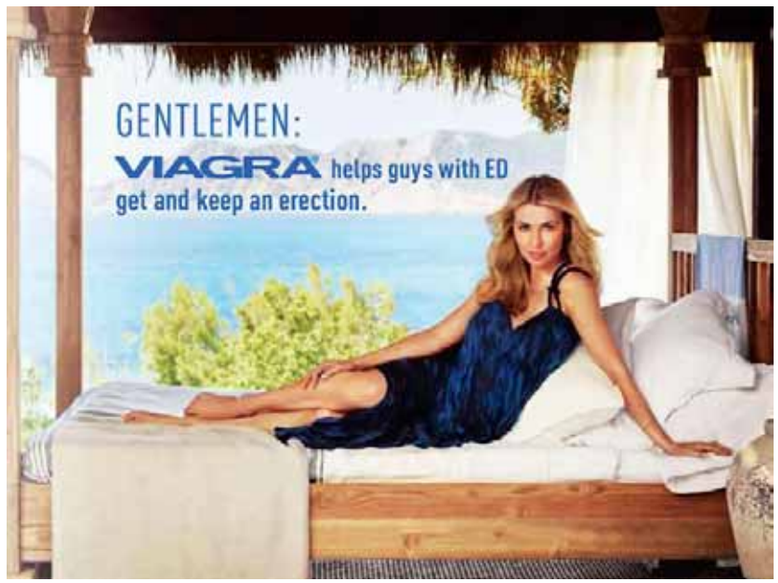
Pyjamas for three-month-old girls and boys are seen at a Target store. CHRISTINE LOGEL/HANDOUT/CANADIAN PRESS

"Even for tiny babies, we seem to think of girls as gaining power and worth from whom they're romantically linked to and boys get to become agents of action in their own right."

The photograph was taken on the weekend at a local Target store by Morrison's friend, Christine Logel, also a professor at the university.

The women decided to share the image on Morrison's Twitter account, sparking hundreds of retweets and comments.

The response was overwhelmingly against the gender stereotyping, with many responders passing along their own examples. THE CANADIAN PRESS



Amid stiff competition, up pops a new Viagra ad

This image provided by Pfizer Inc. shows a new print ad for Viagra, the world's top-selling erectile dysfunction drug. Executives at New York-based Pfizer hope the new ad campaign, which includes spots in print publications and a 60-second television commercial, will nudge women to broach the subject with their mates. Having a woman speak directly to men about impotence is a unique strategy for Pfizer. The world's second-biggest drugmaker is looking for ways to boost sales of Viagra, Pfizer's No. 6 seller, at a time when it is encountering new competition. Patents give a drug a monopoly, generally for 20 years. But when those patents expire, cheaper generic versions flood the market, often wiping out most of the brand-name drug's sales within a year. PFIZER INC/THE ASSOCIATED PRESS

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THE 1ST STEP IS ADMITTING WE'RE THE PROBLEM

JUST SAYIN'

Paul Sullivan
metronews.ca

I woke up yesterday morning and half the animals were gone.

No, it wasn't a spinoff of The Leftovers, but the conclusion of a report from the World Wildlife Fund. Since 1970, 52 per cent of the world's population of fish, birds, mammals, amphibians and reptiles — every living creature except people — have vanished. There are still lots of people, you'll be pleased to learn. During the same period, 1970-2010, the world's human population nearly doubled, from 4 billion to over 7 billion.

Wonder if the two are somehow related?

Simply put, we're taking over the neighbourhood and pushing everyone else out: cutting down too many trees, using too much freshwater, adding too much carbon dioxide to the air and polluting everything with nitrogen and phosphorus.

Really folks, this is astonishing. I half expect someone to declare a global state of emergency, with everyone told to stay indoors and breathe only four times a minute to cut down on the CO2 level.

But that's not happening. In fact, nothing's happening, except maybe another species going extinct — 150 to 200 disappear every day, according to the UN Environment Program. Species are going extinct before we even discover them.

I'm not sure why we seem to care more about George Clooney's wedding than the disappearance of half the world's animals, but there you go.

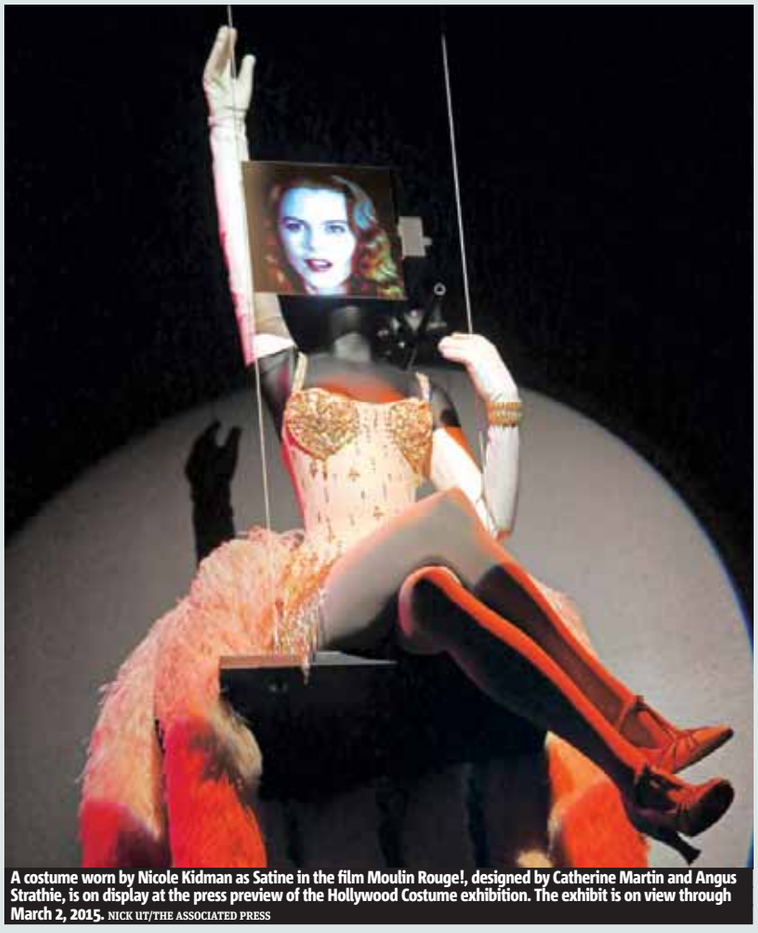
Maybe we should blame the global warming debate. Despite an unprecedented global scientific consensus that global warming is real, nine eccentric professors tell us not to worry, and we go, "OK". Or maybe we've reached the Bad News Threshold. The world is such a mess, what with the bloodthirsty enthusiasms of the jihadists, etc., who wants to hear that half the animals have disappeared in 40 years? If denial works for global warming, why can't it work for animals? Maybe we'll just wait another 40 years and they'll all be gone and we won't have to worry anymore. (We won't have to wait that long for the freshwater flat line — freshwater species have declined by 76 per cent.)

If we're feeling lonely we can always watch cute cat videos. I know, I know, I sound like a shrill environmentalist, even to myself. No doubt someone will point out that two years ago, the WWF announced that "only" 28 per cent of the animals had disappeared. So how did they get to 52 per cent only two years later? It's either a green conspiracy to prompt donations or an utter catastrophe. It won't be long before we find out.

The cockeyed optimists at the WWF believe it's not all over, that people can "live and prosper in harmony with nature". But something will have to change. A typical American, for example, will have to stop consuming at the rate of four planets, never mind just one.

But first we have to believe this is really happening. And then we actually have to do something. Good luck with that.

Maketh the movie



A costume worn by Nicole Kidman as Satine in the film Moulin Rouge!, designed by Catherine Martin and Angus Strathie, is on display at the press preview of the Hollywood Costume exhibition. The exhibit is on view through March 2, 2015. NICK UT/THE ASSOCIATED PRESS

Hollywood Costume looks at tinseltown's iconic garb

The Academy of Motion Picture Arts and Sciences is holding its first exhibit in the space that will become Hollywood's premier museum devoted to the movies.

Hollywood Costume opens Thursday in Los Angeles, with more than 150 costumes and dozens of digital monitors.

There's a collection of regal, gilded gowns fit for a queen, a section of superhero costumes and another area is dedicated to characters played by Meryl Streep.

THE ASSOCIATED PRESS

They've got it all

A gallery of some of the most iconic costumes dazzles with its breadth:

- The beaded gown and fur stole that adorned Marilyn Monroe in 1959's **Some Like it Hot**; John Travolta's groovy white suit from 1977's **Saturday Night Fever**; Julia Roberts' red dress from 1990's **Pretty Woman**; the blue velvet suit that transformed Mike Myers into **Austin Powers** in 1997; and two original pairs of ruby slippers worn by Judy Garland in 1939's **The Wizard of Oz.**

MetroTube

Daredevil goes doooooown

ANDREW FIFIELD
andrew.fifield@metronews.ca

May the sun forever shine on the brave hearts of adrenalin junkies who look down from a soaring hot air balloon and think to themselves, "This is cool and breathtaking and all ... if only it were more dangerous." You know who is just that sort of person? Ivan Trifonov, a 70-year-old Guinness record-holding daredevil who took it upon himself to guide a specially modified balloon to tap the bottom of Croatia's Mamet Cave. My goodness. (Croatia/YouTube)

SCREENGRAB

Twitter

@metropicks asked: The UN is holding a conference on gender equality in Iceland that they've decided to only invite males to, with the idea of getting men and boys in on the conversation. Is this a good idea?

@my2k: maybe they can talk amongst themselves what they're doing wrong, like kids in a time-out

Join the conversation @metropicks.

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene, page 14 in Life and page 23 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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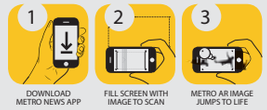

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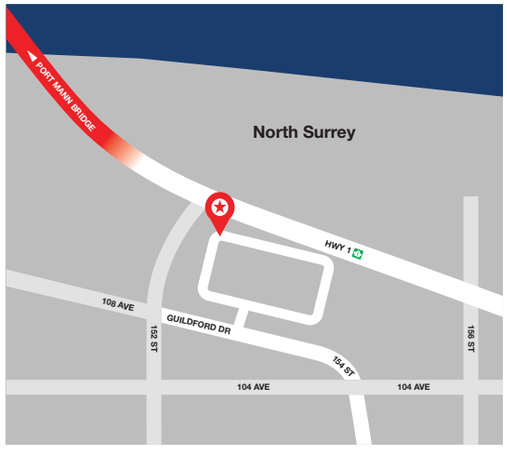

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Ben there done that: Affleck survives overexposure era

Goodwill hunting.
Actor traded in tabloid rep for more measured shots at stardom

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend Ben Affleck returns to theatres as the star of the hotly anticipated Gone Girl, an adaptation of Gillian Flynn's bestselling novel about a man whose life becomes a media circus when his wife (Rosamund Pike) disappears and he is the prime suspect.

It's a welcome return for the star who once almost wore out his welcome on the big screen.

For a few years in the early 2000s, Affleck was the textbook definition of overexposed. Between 2001 and 2004 he released a staggering 11 films, took a year off and dumped four more into theatres in 2006.

Then (when the tabloids weren't naming him Sexiest Man Alive, as People Magazine did in 2002), they were detailing the every move of the couple known as Bennifer, a mash-up of Ben and fiancée Jennifer Lopez's high-wattage names.

You couldn't go to a theatre, turn on a television or pick up a magazine without seeing his handsome face, and soon enough that ubiquity worked against him.

The Wall Street Journal did the math, reporting Affleck's recognition factor jumped from 75 per cent to 82 per cent in 2003, but noted the percentage of folks who didn't like him climbed from 12 per cent to 18 per cent.

In 2004 talent agent Patrick Whitesell told Los Angeles Times writer Kim Masters, "That kind of [media] coverage robs movie stars of their mystique."

After that period of wild tabloid overexposure ruined his credibility with moviegoers and very nearly turned him into an industry in-joke, Affleck took some time for self reflection — "I was a little bit exhausted of myself," he said — stopped saying 'Yes!' to every script that came his way and earned a second act.

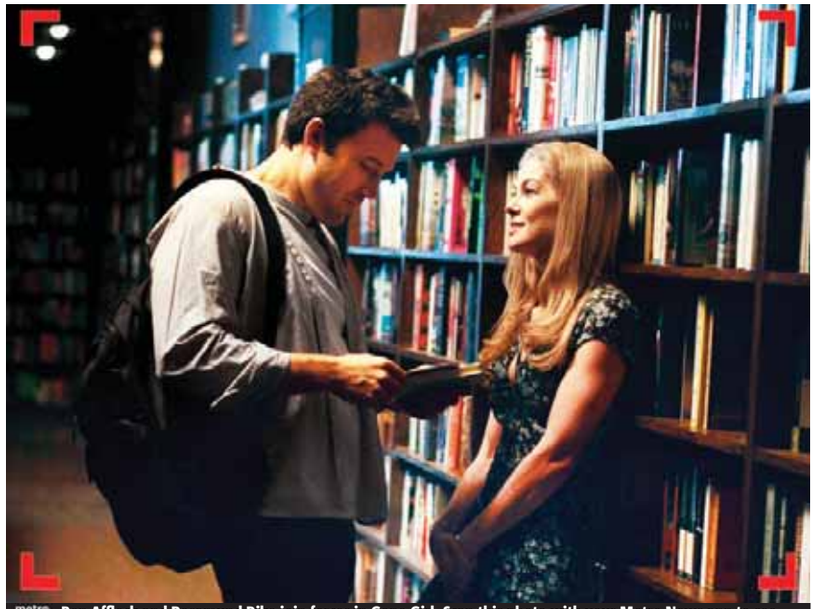
In front of the camera — in movies like State of Play — and behind it, directing the critically acclaimed Gone Baby Gone, the man who had made four dozen movies since 1993 rebuilt his career, focusing on quality rather than quantity.

His next film saw him on both sides of the camera, directing, co-writing and starring in The Town, a crime drama that returned him to the scene of his first success, the Boston of Good Will Hunting. The Oscar-winning Argo followed and soon he'll be seen as Batman in Batman v Superman: Dawn of Justice.

The days of overexposure have come and gone, and he survived to have a thriving career. "Now I think I'm kind of seen as just sort of somebody in Hollywood who works," he says.

Just a working man

"Now I think I'm kind of seen as just sort of somebody in Hollywood who works."
Ben Affleck



metro AR Ben Affleck and Rosamund Pike join forces in Gone Girl. Scan this photo with your Metro News app to see a clip of them in action. CONTRIBUTED

No more yes-man

"I was a little bit exhausted of myself."
Ben Affleck on taking a break after a decade of overexposure.

Ben Affleck and Jennifer Lopez in Gigli, during the Bennifer era. CONTRIBUTED

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bynes has got it bad and that ain't good

NED EHRBAR
Metro in Hollywood

You know who we haven't heard from in a while? Amanda Bynes. Well, that dry spell is over because Bynes is back!

Her parents' conservatorship — which gave them total, Britney Spears-style control over her life and finances — ended earlier this month, and right on cue we have the former Nickelodeon star's first run-in with the law.

Bynes was arrested over the weekend for driving under the influence after cops in Sherman Oaks, Calif., saw her stop at a red light — in the middle of the intersection. Police charged Bynes with a misdemeanour after they "determined she was under the influence of a controlled substance," according to E! News, though exactly what substance is still a mystery. It's nice to see her coming back playing the hits, though, like getting popped for a DUI. Bynes, after all, was given three years of probation for that very type of arrest back in 2012.

And that's not all! Radar Online reports that she's also flunked out of the Fashion Institute of Design and Merchandising, where she'd been studying since getting out of rehab last year. "Amanda just stopped going to classes," a source says. "Everything had been going very well for her up until the conservatorship ended. Her instructors tried to reach out to Amanda, given her history of very public breakdowns, but got no response." No word yet on if she plans to relaunch her Twitter account and start lashing out at fellow celebrities again, but here's to hoping.

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Matt Damon ALL PHOTOS: GETTY IMAGES

That's no way to keep bromance alive

Having to choose between famous friends can be tough, as Matt Damon learned when he chose to head to Italy for George Clooney's wedding, missing Ben Affleck's Gone Girl premiere in New York the night before.

And the choice apparently did not go unnoticed by Affleck's wife, Jennifer Garner. "Jennifer was furious that Matt didn't go to the premiere. She flipped out that he ditched his best friend on his big night to go to George's wedding instead." Oof. Way to get on your best friend's wife's bad side, Matt. Funny thing, though — from perusing the red carpet photos of the Gone Girl premiere, you know who else apparently wasn't there? Jennifer Garner, who was in Los Angeles the next morning to do press for her own new film. Maybe she was projecting?

And in Damon's defence, Affleck has had — and will continue to have — a lot of movie premieres. Clooney's only going to get married maybe a handful more times.

Lena thanks Gawker for small favour

Lena Dunham was originally planning to have the opening acts on her upcoming, sold-out book tour perform for free, but that was before Gawker pointed out the fact. Now Dunham has doubled back, announcing that the acts — ranging from comedians to gymnasts to ukulele players — will all be compensated after all. "Some good points were raised and I've ensured that all opening acts will be compensated for their time, their labor and their talents," Dunham tweeted. "The fact that Gawker pointed this out really proves Judd Apatow's saying that 'a good note can come from anywhere.'"

How-to

Protect animal welfare

Intrepid Travel has these tips for helping prevent animal cruelty:
1. Before you visit a zoo, make sure it adheres to the World Association of Zoos and Aquarium Code of Ethics (WAZA.org). Better yet, view wildlife in the wild.
2. Steer clear of cockfights, bullfights and animals employed in cultural festivals.
3. Swimming with captive dolphins is stressful for them. Avoid any captive marine mammal.
4. Don't be tempted by local cuisine that includes wild animals.
5. Don't buy souvenirs that incorporate fur, horns or shells.
6. Don't get your picture taken with, or ride on, a wild animal, elephants included. Many are drugged or mistreated in order to be "tame" enough. **DOUG WALLACE/METRO**

Deal

Book early for Italy

Globus is expanding its offerings next year for Italy and other parts of Europe. Its portfolio will include a new nine-day Italian Sampler tour priced at about $220 per day. It takes in Rome, Florence and Venice, plus quieter spots such as San Gimignano and Padua. If you book an air-inclusive 2015 Globus Europe vacation before Oct. 28, you get a $100 air credit per person. The credit grows to $350 when it's Italy you're booking and $500 if you choose Air France, KLM or Alitalia flights to Italy. Visit GlobusJourneys.ca. **TEXT: DOUG WALLACE, PHOTO: GLOBUS**

Tool

Virtual guide to the Adirondack Park

Summon up the summits of the Adirondack Park's six million acres in upstate New York at adirondacksusa.com. A new and very cool virtual guide gives you interactive, 360-degree views from various locations throughout the park, with links to everything from mountain peaks to golf courses to town shopping streets. Park businesses can also get on board to help promote tourism in the region. With 3,200 kilometres of hiking trails and 1,900 kilometres of rivers, this place is paradise.
TEXT: DOUG WALLACE, PHOTO: SHAUN ONDAK

That's hot. San Fran and Sriracha top foodie travel list

Top five food destinations
1 San Francisco, USA Sriracha sauce
2 New York, USA gourmet burgers
3 San Sebastian, Spain foraging
4 Toronto, Canada hand-held pies
5 Lyon, France heritage cuisine

A new food and travel report has named San Francisco the top culinary destination for food lovers this fall, citing the city's love affair with Sriracha sauce as one of its star attractions. Written by online booking site Travelocity.ca and "culinary trendologist" Christine Couvelier, the list of top 10 food cities in the Culinary Travel Report is dominated by North American and European cities, with nary an Asian destination in sight. San Francisco tops the list for being a hotbed of culinary creativity and food artisans, the report says. And apparently, the culinary trend to keep an eye out for in this city is Sriracha sauce, which is being used not only as a condiment but also as a spicy, barbecue glaze for grilled meats, particularly chicken. **AFP**

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All-inclusive Alps adventure offers affordable luxuries

Valmorel. Pick a package and let your friends know you'll be skiing in Europe

KATHY BUCKWORTH
life@metronews.ca

The French Alps are on many avid skiers' bucket lists, but the expectation that the price will be prohibitive keeps many from even exploring the possibility.

But in Valmorel, France, the all-inclusive Club Med ski resort makes managing costs easier.

Club Med is synonymous with the all-inclusive resort, a convenient way for families to manage budgets and avoid most of the dreaded add-on costs, which pop up on a vacation.

Having activities and food (and alcoholic drinks) included proved to be a huge attraction, particularly for hot climates. The term "all-inclusive" still conjures up images of sandy beaches and blue oceans, but both the company and the concept have recently moved up. With a staggering 18 ski resorts in the Alps (spread across France, Switzerland and Italy) the all-inclusive alpine experience is one that families are quickly embracing.

In addition to airfare, transfers, food and open bar, clients also have their lift tickets, equipment storage and ski or snowboard lessons covered.

The Valmorel Club Med (located a two-hour drive from Lyon, France or a one-hour drive from Geneva Switzerland) opened in 2011 with the family ski concept in mind. Besides individual chalets, the lodge includes suites which can easily accommodate a family of four in a stylish, yet compact series of rooms with a king bed, two twins, a sitting area and two separate washrooms. Basic "club" rooms are also available.

Because the altitude of Valmorel is not extreme, many families with young babies and children choose to come here, as it is easier on their more delicate respiratory systems. Baby Club Med is offered to children aged four to 23 months. Older children can take advantage of the included group ski lessons from age four and up.

If the children require babysitting, Club Med offers a Pyjama Club from 7 p.m. to 1 a.m., or in-room babysitting.

The two restaurants (one buffet, one menu) offer a terrific selection of fresh food from the region, and the Baby Corner offers fresh ingredients and a food processor for parents to make their own baby food (premade is also available).

After dinner, the G.O.'s (or Gentil Organis) put on a stage show and entertain kids and parents alike.

An indoor/outdoor swimming pool and hot tub are the perfect end to a day of skiing.

The village of Valmorel is a free five-minute shuttle bus ride away. Established in 1976, it offers a selection of ski shops, restaurants, a bakery, cinema and town music hall for shows and celebrations.

The ski season is set to open Dec. 14, 2014 and will run until April 12, 2015.

This vacation, according to the Club Med website, will run you approximately $6,000 per couple — comparable to a do-it-yourself trip to Whistler. Visit clubmed.ca for details.

Beyond the mountain

Club Med is also introducing the City Visit this winter, which will offer select hotels and transfers to and from Paris as an add-on at the start or end of the Valmorel ski resort vacation.

metro AR **Take a visual tour of the Club Med resort at Valmorel by scanning this photo with your Metro News app.** ISTOCK

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Add a splash of colour to your tacos

Vegetarian dish. Black beans, bell peppers, corn and more make for a very memorable presentation

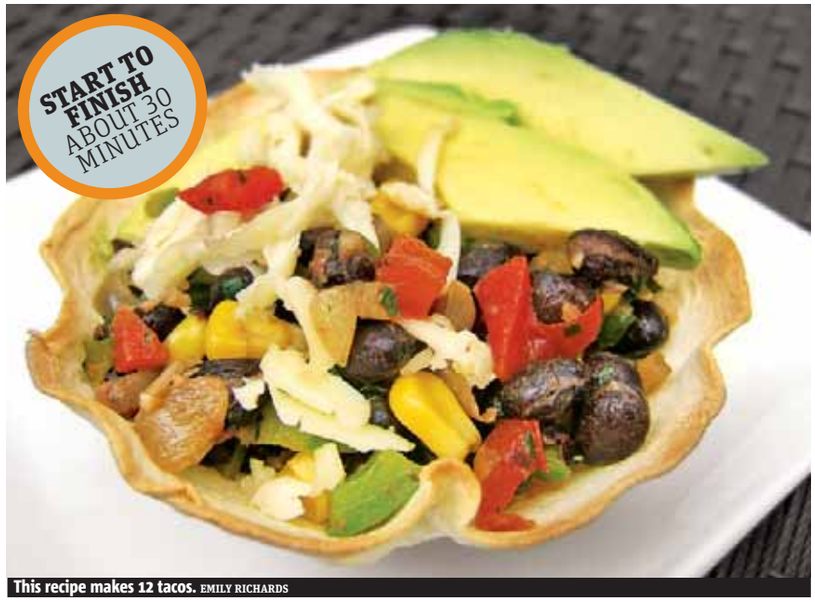
DINNER EXPRESS
Emily Richards
food@metronews.ca

If you look around the grocery aisles, you'll find many versions of taco mixes. You can also make your own creations very easily with just a few pantry staples.

While you're planning taco night, also check out the tortilla options.

You can use flavoured flour tortillas or pick up some corn tortillas for a classic combination.

Restaurants always serve up their taco shells warm, which enhances the filling and the taco experience and you should, too.



This recipe makes 12 tacos. EMILY RICHARDS

These Vegetarian Tacos have a bit of hit of smokiness, thanks to the chipotle peppers. You can find them in cans in the grocery store.

Although you only need one for the recipe, keep the other chipotles in the freezer to add to other favourite taco or chili recipes.

If you lay them out flat on some wax paper and freeze, once they are solid you can tuck them away into a container or freezer bag to pick out one when you need it next time.

You can make the filling for this dish ahead and serve it up at room temperature or right out of the pan.

1. Brush your spinach or tomato basil tortillas lightly with some of the oil. Using a 4-inch (10 cm) round cookie cutter, cut 3 circles out of each tortilla and place oiled side down in muffin tin. Repeat with remaining tortillas. Bake your mini tortilla bowls in 400 F (200 C) oven for about 7 minutes or until crispy and golden. Remove from pan and let cool.

2. Heat the remaining canola oil in nonstick skillet over medium-high heat and cook onion and garlic for 2 minutes or until softened. Stir in the black beans and chipotle pepper and cook, stirring for 5 minutes or until hot. Stir in red and green peppers, corn, basil and mint and remove from heat.

3. Divide mixture among tortilla bowls and top with avocado and cheese to serve.

FLASH FOOD

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Ingredients

- 4 large spinach or tomato basil flour tortillas
- 2 tbsp (30 ml) canola oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 can (19 oz/540 ml) black beans, drained and rinsed
- 1 chipotle pepper in adobo sauce, minced
- Half each red and green bell pepper, diced
- 1/2 cup (125 ml) corn kernels
- 1 tbsp (15 ml) each chopped fresh basil and mint
- 1 avocado, sliced
- 1/2 cup (125 ml) shredded jalapeno havarti cheese

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Robin Duke is writing a one-woman cancer show. HELEN TANSY

Channelling kitten sweater models

A mother, actress, writer, producer and a full-time faculty member in the comedy program at Humber College in Toronto, Robin Duke was in the midst of writing a new show for the comedy group Women Fully Clothed when she was diagnosed with breast cancer.

She had a mastectomy in the fall of 2008.

The following is an excerpt from the one-woman cancer show the former Saturday Night Live cast member is currently writing.

There are few things in life I know for certain that I am good at: swimming, cleaning and MRIs. I'm really good at MRIs.

Some people have to practically be knocked out cold with sedatives to withstand this claustrophobic procedure. It's extremely difficult and uncomfortable to stay perfectly still for the hour of darkness, encased in a large metal cylinder, while radio waves produce detailed pictures of your organs, bones and soft tissue.

Even the smallest of movements can blur the images of the tumour they are trying to measure, meaning even more time inside the MRI for the retakes.

I am proud of my unique ability to remain motionless throughout the magnetic resonance imaging. With all the clanging, thumping, humming and tapping noises throughout the process, I am perfectly still with my body stretched out on the metal table, and I don't move a muscle.

I first developed this skill when I was seven or eight at the Better Living Building at the Canadian National Exhibition in Toronto.

It was there where I carefully studied the "statue" models of The Kitten Sweater Exhibit — beautiful young women in pastel-coloured cashmere, tight-sweater sets and breasts accentuated by bullet bras.

The vintage bras projected their two breasts like head beams on a car. These classic sweater girls stood motionless on small stages, each with its own picturesque setting: a farm with hay bales, the front porch swing of a cottage or an office where a Madmen-like "Peggy" leaned on a desk with a pencil and steno pad.

My parents dropped me off there, confident I would "stay put" while they checked out the latest in early '60s appliances. For hours I would stare at the frozen women and wait for them to blink, make a false move, scratch an itch. I would imitate them and gauge how long I could be paralyzed. The only move they did make was to change poses but this always happened after a considerable length of time.

Cheap medicine

"So what else can you do but laugh? I couldn't run down the street naked, screaming. Laughter is the best medicine and if I can make a joke about cancer it loses some of its power."

Robin Duke

on the power of humour in her recovery from breast cancer

Throughout the day the models would come and go, replacing one for another. Some were better but they all held my complete attention. My parents would then pick me up, waking me from my trance.

At home I would practise standing still for as long as I could, challenging family and friends to outlast me. I won, hands down, every time. At night, I dreamed of the day when my breasts would grow into points and I would become a Kitten Sweater model at the Canadian National Exhibition.

So, when I lie on that rock-hard bed strapped into my MRI rocket, ready for take-off, I shut out the clanging and sounds surrounding me. I close my eyes and suddenly I am in a farm scene or cabin by a lake, or a feminist at a rally. I am anywhere in the world and I hold every muscle completely still. I am a kitten sweater model, however, with only one pointed breast.

Stay positive. How does humour play into dealing with a breast cancer diagnosis? It's more important than you may think

MARK BRESLIN
life@metronews.ca

What do a man wearing a tutu and breast cancer relief have in common?

It may not seem obvious, but it's what one man has used to bring some joy and laughter to his wife, who has been battling the disease for the last 11 years.

New Englander Bob Carey started taking photographs of himself in a tutu — and only a tutu — in various iconic locations to cheer up his ailing wife Linda. Since he began The Tutu Project, the photographs have gone viral. Proceeds of sales of these images as well as calendars (there will be one for 2015) are being used to raise money for the Carey Foundation for families with breast cancer.

But their real value, Bob maintains on his website, thetutuproject.com, is to ameliorate the suffering that goes with his wife's disease.

There's a long history of the relationship between humour and healing.

In the '70s, esteemed author and activist Norman Cousins was lying in a hospital bed suffering from a rare form of arthritis. Nothing seemed to work for him — no medication, no therapy. To cheer himself up, he began to watch the entire Marx Brothers movie catalogue. As he laughed, he made a potent discovery: His pain went away.

A little later, a doctor named Hunter Doherty "Patch" Adams began making his hospital rounds wearing a clown nose and bedpans for slippers. He became so famous for raising the morale of his patients that his life story was made into a movie starring the late Robin Williams.

Adams' work really started the discussion about the relationship between humour and healing. But a man in a tutu? Is this funny? Actually, the tutu has been used for comic effect by a number of comedians. Howie Mandel's first stage performances saw him wearing the tutu (and a sport jacket, of course!) and there's a comedic ballet troupe called Le Ballet Trocadero de Monte Carlo that has its all-male cast wear tutus. It's a benign, non-threatening form of drag, and men dressing up as women has been used since Shakespeare's time to get a laugh.

Having a positive attitude through a breast cancer diagnosis is vital. ISTOCK

Stay present

"For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment..."

Sara Davidson, psychotherapist
on the power of now and laughter

OK, so it's funny, but does any of this really help the sick?

David Schatzky, a psychotherapist and former broadcaster, thinks so.

"When you're able to laugh, you feel better. It releases endorphins, reduces stress hormones, and boosts the immune system. Laughter won't cure anything, but you gain strength from it," he says.

Psychotherapist Sara Davidson of Confervor Counselling Services in Toronto agrees.

"The muscles in the face that are used in the act of smiling trigger a natural mechanism we have that releases these endorphins," she says.

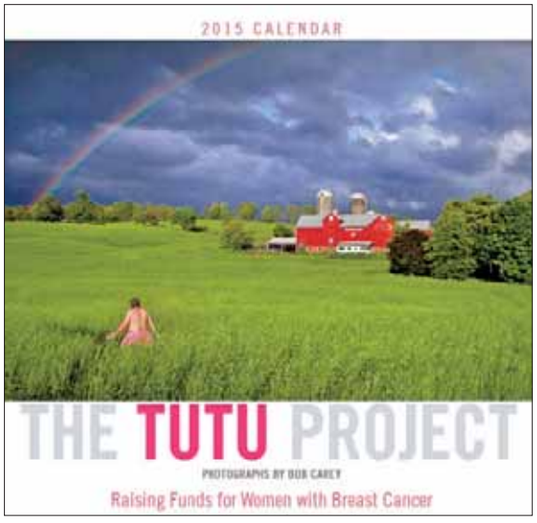
I guess our parents were right when they told us to "turn that frown upside down."

One of the most difficult things about dealing with disease is the toll it exacts not just on the afflicted individual but also on the family of the patient. Davidson notes, "For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment with their loved ones without constantly focusing on the negative possible events that lay ahead."

In other words, laughter can provide much needed relief.

Bob's photographs do just that for his wife and other breast cancer patients. A middle-aged man in a tutu posed against the Lincoln Memorial or in the aisle at Bloomingdale's has got to elicit a smile. Interestingly, most of Carey's photos (which are beautifully shot) place him against a lonely vista, as a possible metaphor of the battle of all those who suffer. The shots are funny, but also moody as

medicine



well. In a video on their site, Bob and Linda share their feelings.

"He isn't afraid to put himself out there ... the more I laugh, the better I feel," says Linda.

Bob adds, "When Linda would go for treatment, she would show my images on her phone to the other women and it would make them laugh."

"Women really like that he's standing by me," she sums up.

This solidarity may be the most valuable help of all. Bob's courage to look foolish, which by no means compares with Linda's courage in dealing with her cancer, is at least an attempt at a way for a loving couple to go through the tough times together.

Both Schatzky and Davidson acknowledge that laughter alone can't cure cancer. But as relief goes, it couldn't be a better beginning.

Here are areas where we're seeing innovations in breast cancer research that could change the way we prevent, diagnose and treat breast cancer in the years to come

VAWN HIMMELSBACH
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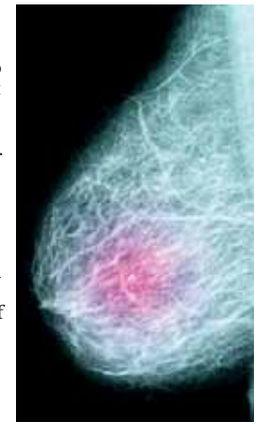
Understanding genetic markers

It's estimated that five per cent of all new breast cancer cases are caused by mutations in the BRCA1 and BRCA2 genes — and that those cancers should receive different, more targeted, treatments to increase the chance of survival.

Understanding genetic markers can help to prevent breast cancer and improve treatment, according to Dr. Kelly Metcalfe, adjunct scientist at the Women's College Research Institute. Current research is looking at genetic susceptibility factors among a large group of multi-ethnic women in Canada, and those results will be combined with those from 26 countries to help understand genetic markers.

3D screening



Breast screenings can help to find cancers earlier, but they also provide more treatment options and better chances of survival.

Researchers are working on the development of digital breast tomosynthesis — a three-dimensional mammography that makes it much easier than a conventional mammography to see if a cancer is present (since doctors are able to look through different levels of tissue in the breast).

More research is being done in this area, but the promise is that it will be easier to detect cancer, with fewer false alarms.

5 innovations to be aware of

New treatment options

McMaster University's Dr. Julie Arsenault is studying a robotic radiosurgery device called Cyberknife to see if it's safe and effective for surgery to treat early-stage breast cancer.

Treatment typically involves surgery to have the tumour removed, followed by whole-breast radiation or chemotherapy over 16 to 30 treatments.

"One of the questions is whether radiation will work as a primary treatment," Arsenault told Metro. The concern with conventional treatment is toxicity, since the heart and lungs lie just underneath the breast. Stereotactic body radiation therapy provides a much larger, much more targeted, dose of radiation to the tumour over about five treatments. Arsenault's research is looking at whether the Cyberknife could help women with early-stage cancer avoid surgery altogether.

Safer drugs

Molecules made in a lab have been found to kill breast cancer cells selectively over healthy cells, according to Dr. Patrick Gunning, Canada Research Chair in medicinal chemistry.

What's been dubbed BP-1-102 has been found to target a key protein that triggers the development of many types of cancer.

Research is being done to stabilize this molecule so it's more bioavailable, meaning it would have a more prolonged effect on the patient. The idea is to create a drug that has fewer side effects and will be much safer than aggressive chemotherapy techniques.

Improving quality of life

According to research by Karen Dobbin at CancerCare Manitoba, 88 per cent of women surveyed had at least one physical problem after breast cancer treatment but only 43 per cent had any type of rehabilitation. New research is looking at rehabilitation services for women who have survived breast cancer, as well as outcomes of various rehabilitation efforts. Research has already documented the many benefits of physical activity for women during and after treatment, such as lower rates of cancer-related deaths. One initiative at the Princess Margaret Cancer Centre involves harnessing the use of mobile apps with physical exercise to encourage long-term behaviour change — and long-term improvements in quality of life and survival.

CONTRIBUTED

Actions speak louder than words

Eat Well and Do Good annual fundraiser

Eating well and doing good has never been so tasty — or important.

At the annual Eat Well Do Good Foodraiser's pop-up café and marketplace, people can eat well while helping others eat well, too. Every dollar spent goes straight to the Greater Vancouver Food Banks Society to put food on empty tables.

Delicious organic breakfast and lunch will be served outside the Vancouver Art Gallery, where people will also have the opportunity to shop the marketplace full of fresh organic produce and other goodies (like Lululemon yoga mats) for purchase by donation.

"As a locally-based, family business, we host this event every year to give our community an opportunity to come together in support of the hungry," says Arran Stephens co-CEO and co-founder of Nature's Path Foods. "We believe everyone should have the basic right to food, including healthy organic food. For all too often the most disadvantaged amongst us only have junk food options, which are devoid of much nutrition."

Nature's Path will provide tasty organic delights alongside Happy Planet, Que Pasa Mexican Foods, Ethical Bean Coffee, Qoola, Rise Kombucha and many more.

YYoga will kick off the event with a gentle yoga class by donation at 7:30 am with local teachers Christie Baumgartner and Kala Polman-Tuin.

The day's fun-for-funds will continue with DJs and live music, lunchtime salsa dancing classes from noon to 1 p.m., as well as canning workshops.

The Eat Well Do Good Foodraiser is a great way to feed the hungry in our community this Thanksgiving.

The event takes place Thursday from 7 a.m. to 3 p.m. at the North Plaza of the Vancouver Art Gallery.

For more, check out eatwelldogood.ca.

MORE IMPORTANT THAN EVER TO DONATE

Turning $1 into $3 isn't a magic trick — it's a reality at the Greater Vancouver Food Bank Society.

For every dollar spent at the Eat Well Do Food Foodraiser on Thursday, the Greater Vancouver Food Bank Society can turn it into $3 worth of food to feed the hungry. With 28,000 people depending on the Greater Vancouver Food Bank Society each week — and 10,000 of those being children — it's more important than ever to donate.

The Greater Vancouver Food Bank Society is able to provide assistance through 15 food depots and 100 community agencies. Without any government support, the society relies solely on donations to help feed the needy — a need that is growing every year.

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Ever since co-founders Arran and Ratana Stephens created the first Nature's Path cereal in the kitchen of their Vancouver restaurant, they have been making organic, healthy foods in a sustainable way — it's their passion, and the cornerstone of their family company.

Are you hungry for more information? Visit naturespath.com.

Tomorrow, enjoy delicious organic food by donation to the food bank.

October 2nd, Vancouver Art Gallery, 7 am – 3 pm

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Arming yourself with great answers

Get ready to be recruited. The best ways to respond to interview inquiries

SHAHEERAH KAYAN
TalentEgg.ca

You've got an interview coming up. Are you wondering what kind of questions the employer will ask you? Here's a list of commonly asked interview questions and tips for preparing yourself accordingly.

"Tell me about yourself."

This is a classic question. This is your chance to sell yourself and your talents to the employer. You will want to tell a good story about yourself, what your skills and prior work experiences are, and how you can use that to benefit the employer. Also let your personality shine through, and let the employer in on your interests and career goals.

"What is your biggest weakness?"

This is your chance to talk about your weakness, and definitely emphasize how you are working to improve on it. For example, if you're afraid of public speaking, take on a volunteer position to improve your presentation skills and become more comfortable with public speaking. Showing that you actually recognize your weaknesses and are taking action to deal with them will demonstrate that you are proactive and like to take initiative.

"Why do you want to work in this position/work at this company?"

Make sure to research the position and company before the interview. Here, you can talk about why the role interests you and what skills you have that will complement the position. Also talk about what attracted you to the company in the first place, such as opportunities for on-the-job training or the company's social responsibility initiatives.

"Can you describe a difficult obstacle you faced, and how you overcame it?"

This is a classic question because employers want to judge your ability to problem solve and handle tough situations.

Give solid examples of situations where you had to work under pressure, complete a tough assignment or co-operate with problematic team members.

Briefly describe the situation and then talk about what steps you took to solve the issue. Talk about the positive outcomes that resulted, and what you learned from the overall experience.

After the interviewer is done with their questions, they will ask you if you have any questions for them. It's a good idea to say yes (this shows you are genuinely interested), and have some good questions to ask them. Don't ask about salary and don't ask a question you could easily have researched beforehand. Instead, here are some good questions to ask:

- What is the most challenging and fun thing about this position?
- Is there a particularly challenging area of this position I should be aware of?
- What new projects will I get to assist with?
- What is a typical day on the job like?
- What will happen next in the hiring process?

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There is strength in being able to acknowledge your weaknesses, and in pointing out how you're working to improve in those areas. ISTOCK

Looking forward

"What are your short-term goals (over the next five years)?"

- To answer this, describe your professional goals and then relate them to those of the employer. You should talk about what you hope to achieve over the next five years and what you hope to contribute to the employer in that time period.

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Improv-ing the way we go about our day

Setting the stage for success. How one CEO is using theatre techniques to make better work decisions

LAKSHMI GANDHI
Metro in New York City

By day, Isaac Rodriguez is the CEO of the Provident Loan Society, the 180-year-old non-profit lender founded by business tycoons including J.P. Morgan and Cornelius Vanderbilt. By night, he performs as an improv comedian with Artistic New Directions, a theatre group in Manhattan.

Rodriguez says he's tried to incorporate what he's learned from his side career as an actor into the corporate world. But the principal lesson that improv has taught him may come as a surprise.

"The most important thing would be listening," says Rodriguez. "How important that is, to listen to someone, and how it feels realizing even more how it feels to not be listened to. It's one of the worst feelings."

Rodriguez shares these improv tips for anyone looking to get ahead in the workplace.

Keep the conversation going

The trick to succeeding, says Rodriguez, is not to let the conversation peter out. To do this, Rodriguez says you should use what he calls the "yes, and" principle.

"It's an actor's job to justify, make positive choices and respect (the) physical and verbal reality of the scene, for example. Apply that to business," he says.

If you end up saying something like "I don't know" or "We can't do that," you are effectively putting an end to any potential negotiations and shutting the door to a potential project.

"If I don't listen to the proposal and interact and keep that scene going, I would never know what their thoughts were and what they were doing or thinking."

What's the use in holding a meeting if your message isn't going to be retained? If you notice that your audience is distracted, simply ask them if there's a better time for a sit-down. ISTOCK

Engage your audience

As anyone who has ever given a presentation or tried to speak with an extremely busy colleague knows, it just takes a moment to lose the interest of your audience.

- "If an individual is physically involved in something and not verbally responding to you, simply acknowledge it," advises Rodriguez.
- "Say, 'You're really involved in something, and what we are talking about requires an extensive conversation. What other time can I come in and talk about it?'"
- "Putting someone on the spot forces them to reschedule the meeting or to stop being distracted and talk to you."

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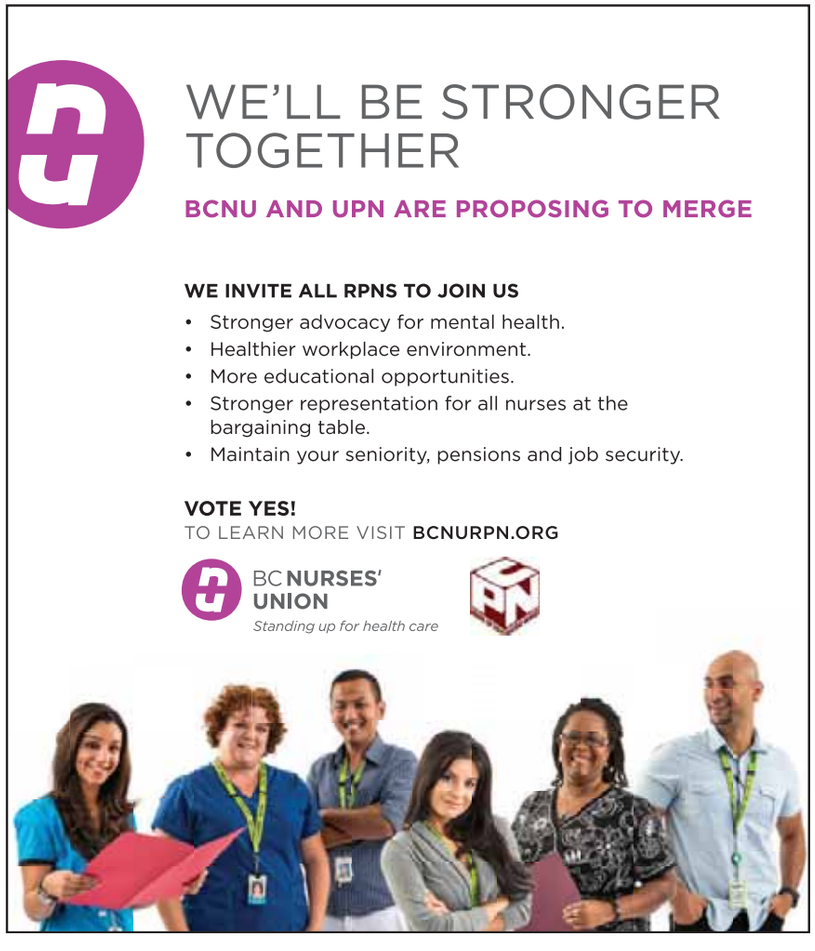
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Someone to watch over my work

A comrade in careerdom. How can a mentor give me a push along my path?

LAUREN MARINIGH
TalentEgg.ca

Having a mentor can be extremely beneficial to your career growth at every level.

Many people are reluctant to seek out a career mentor — particularly those who are inexperienced or new to an industry. However, the benefits can be significant and are well worth exploring.

Advice and support from someone who has experience and insight can be the perfect complement to your own initiative and drive.

Here are just a few things a top mentor can offer you.

A mentor's encouragement can help you take the first step in tackling a career challenge. ISTOCK

Another viewpoint

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.

Sharing an insider's perspective

A mentor can provide you with an insider's perspective on navigating your own career path.

No matter what stage you're at in your career, a mentor can be a great source of information and guidance, providing critical feedback and advice that will help you to make decisions about your career.

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.

Even where their advice doesn't align with your priorities or goals, you'll be able to make decisions with a clearer sense of the pros and cons. That input can make a significant difference when you're facing a major career decision.

Holding you accountable

Do you have a specific career goal in mind? Or do you feel a little like you lack purpose?

When it comes to developing (and setting) your goals, a mentor offers more than just guidance.

It's easy to let goals slide when they're kept a secret. Laying your goals and plans out with a mentor's input will make you more accountable to actually completing them.

This also applies to getting started, not just following through.

Enhancing your network

A mentor can help enhance and expand your professional network.

Although you can't guarantee every mentor will have connections to the CEO of your dream company, they more than likely will have other connections in the field that may be able to help you down the line.

Expanding your network early on in your career can set you up for success.

Not only do you have the potential to eventually connect with your mentor's network, but also connecting with your mentor alone can help open many doors for you.

It is never too late or too early to find yourself a mentor. Having a mentor can benefit you no matter what stage you're at in your life and career.

Answering your questions

A mentor has probably tackled many of the questions you have to ask, whether it's something industry-specific or more open-ended.

- While self-guided research is vital to your continued career success, a mentor can offer a much-needed personal counterpoint.
- You may find that your mentor has questions for you, which can help you build your skills as a communicator, and recognize areas where you would benefit from learning more.

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Fatigue a concern with Caps captain

MLS. Pedro Morales given extra time to recover between games following 14 straight months of play

CAM TUCKER
cam.tucker@metronews.ca

The Whitecaps' Pedro Morales, left, has not had a break from soccer in 14 months. GETTY IMAGES FILE

Pedro Morales will get three days off this week. Vancouver Whitecaps manager Carl Robinson is hesitant to give him any more than that.

Robinson has said fatigue is a concern for the 29-year-old Chilean midfielder and designated player. It was difficult to tell of any exhaustion during the second half of Saturday's comeback win for Vancouver over Real Salt Lake.

Morales scored twice in the final 45 minutes, once on a penalty kick, which made up for his miss in the exact same 1-on-1 situation in the first half, to help earn Vancouver three valuable points.

His celebration on the second goal, taking off his shirt and running around, earning him a yellow card, didn't give off any sign that Morales is fading.

The fact he's been playing almost non-stop for 14 months, including in Spain's La Liga before the transfer to Vancouver, would suggest otherwise.

"It's one that we've got to manage between now and the end of the season," said Robinson.

"Not the physical aspect. I think from the mental side and the emotional side, it will start to catch up on him, which is why we monitor his training now every week.

Morales, who leads the longtime goal-starved Whitecaps with 10 goals, was a full participant in Tuesday's training session at UBC.

He had two days away from the pitch following Saturday's match, and will get another day off Wednesday, as will all his teammates.

Robinson said Morales did come in Monday for treatment on his back and hamstring, and will do so again Wednesday.

It's back to work on Thursday. For Morales, the intensity of those sessions later in the week won't be as high.

"I need training," said Morales, who added that with the days off this week, he should feel much better for Thursday.

The Whitecaps have four games remaining.

They currently have the fifth and final post-season position in the Western Conference, one point up on the Portland Timbers.

The Whitecaps host FC Dallas on Saturday.

CFL

Lulay opts not to undergo surgery

Travis Lulay has left the door open to the possibility of a return to the injury-ravaged B.C. Lions this year.

The Lions released a statement Tuesday morning, saying Lulay will forgo surgery on his injured throwing shoulder, opting instead to continue with his rehabilitation.

It's a positive development compared to Monday, when the club made it be known that Canadian running back Andrew Harris was scheduled for ankle surgery Tuesday and had been placed on the six-game injured list after suffering an injury Saturday.

Lulay's shoulder problems have continued for two years now. Last November, he underwent surgery to tighten a ligament in his right shoulder from a subluxation suffered in September.

Lulay returned for the 2013 playoffs.

He began the 2014 season on the six-game injured list, and in his first start of the year on Sept. 5, he re-injured the same shoulder after falling to the ground with a pile of bodies crashing on top of him.

"I have considered all options with our team doctors, physiotherapists and training staff and at this point, I am very encouraged with my rehabilitation to date," Lulay said in a statement.

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Career resurgence earns Volquez wild-card start

MLB playoffs. From all-star to shaky free agent, pitcher wants to repay Pirates for trust that rescued him

Edinson Volquez's renaissance began with a simple game of catch.

During his brief session with Pittsburgh Pirates pitching coach Ray Searage on that January day at the team's training facility in Florida, the talented but erratic right-hander listened as Searage outlined a plan to help the 31-year-old regain the form that once made him an all-star.

"He felt wanted," Searage said. "That builds trust."

Ten months later, Volquez will try to repay that trust by sending the Pirates into the NL Division Series for the second straight year when he starts Wednesday night's wild-card game against San Francisco.

The raucous scene that awaits Volquez at PNC Park is in stark contrast to his ignominious exit from San Diego last summer, when the floundering Padres released him after a miserable stretch in which his ERA ballooned to 6.01.

"It's kind of sad a little bit," Volquez said. "You feel like your career is over."

He ended 2013 with the Los Angeles Dodgers, where he showed minor improvement before hitting the free-agent market and finding a home in Pittsburgh.

Volquez is 13-7 this season with a 3.04 ERA in a team-high 32 starts. Volquez went 5-0 with a 1.64 ERA in his last 11 starts.

THE ASSOCIATED PRESS

Win or go home

Go to metronews.ca for coverage of Tuesday night's AL wild-card playoff between the Kansas City Royals and Oakland Athletics.

Pirates pitcher Edinson Volquez

GENE J. PUSKAR/THE ASSOCIATED PRESS

PSG pulls fast one on Barca

Defender Gregory Van der Wiel, left, vies for a ball with Barcelona midfielder Andres Iniesta during Paris Saint-Germain's surprise 3-2 win on Tuesday in Paris. Scan the image with your Metro News app for more results from Tuesday's UEFA Champions League action. MIGUEL MEDINA/AFP/GETTY IMAGES

Women's World Cup

No Plan B for artificial turf: FIFA

Despite the threat of a lawsuit from top players, there is no Plan B for playing the 2015 Women's World Cup of soccer on artificial turf.

"Currently no," Tatjana Haenni, FIFA's deputy director of the competitions division and head of women's competitions, said Tuesday in an interview from Ottawa.

"We play on artificial turf and there's no Plan B."

A group of top female players has threatened to file a lawsuit over the turf, saying it is discrimination since men would never play their World Cup on artificial turf.

In response, FIFA has retained an independent consultant to examine the playing surface at venues in Ottawa, Moncton, Montreal, Winnipeg, Edmonton and Vancouver. The consultant is accompanying a FIFA delegation that began its inspection tour Tuesday in Ottawa. THE CANADIAN PRESS

DUI arrest

Olympic legend Phelps left to apologize again

Olympic champion Michael Phelps apologized Tuesday for his latest brush with the law, saying he was "deeply sorry to everyone I have let down" with a DUI arrest.

Police said the 18-time gold medallist was speeding and failed field sobriety tests when pulled over Tuesday.

This is the second time Phelps has been accused of drunk driving, the first time coming in 2004 after he competed at the Athens Olympics. He also was photographed using a marijuana pipe after the 2008 Beijing Games, which resulted in a three-month suspension from USA Swimming.

The 29-year-old was charged with driving under the influence, excessive speed and crossing double lane lines in Baltimore, according to the Maryland Transportation Authority.

THE ASSOCIATED PRESS

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2015 Mitsubishi Outlander

- **Type.** Five-door, compact crossover
- **Engines.** 2.4-litre inline four-cylinder (166 hp), 3.0-litre V6 (227)
- **Transmission.** CVT (automatic), 6-speed Sportronic automatic
- **Price.** $25,998 base, $38,928 as-tested

Market position

Available in many 2WD and AWD guises, including very advanced S-AWC. Big brother to RVR, the latter based on a shorter version of the Outlander platform. One of few compact SUVs still available with third-row seating and V6 power. Struggling to be heard in a very crowded and competitive segment.

Points

- One of the first in segment to offer adaptive cruise control, lane-departure warning and forward-collision mitigation (on GT trim line).
- Super All Wheel Control manages over/under steer and traction via front-to-back and side-to-side torque split.
- All-new for 2014, and updated for 2015 with a more aggressive, all-black, front-end look.

A third row of seats is available, but it's pretty tight back there.

Safety features

Seven standard air bags, 4-wheel disc brakes with ABS, electronic brake force distribution, traction and stability control, hill start assist, tire pressure monitoring, available adaptive cruise and lane departure and forward collision mitigation, anti-theft alarm and engine immobilizer.

Out of mind, not out of sight

PHOTOS: MIKE GOETZ

Review. Mitsubishi Outlander remains popular, despite automaker's lower profile in tough CUV market

MIKE GOETZ
drive@metronews.ca

The Mitsubishi Outlander is easy to overlook when you're compiling a short list of crossover utility candidates.

Put that down to Mitsubishi being one of the smaller automakers in the business, the proliferation of competitors in this segment, and the perennial chart-topping performances of CUV segment pioneers and icons Ford Escape, Honda CR-V and Toyota RAV4.

And put it down to the Outlander itself, never one to stand out in a crowd, at least visually.

All new in 2014, and retouched for 2015, the Outlander has made great strides in the looks and interior sophistication departments.

Our top-of-the-line GT tester looked fetching in deep red and 18-inch two-tone mesh alloy wheels.

Although the base Outlander, the front-drive ES, starts at $25,998, the GT range, which comes with Mitsubishi's Super All-Wheel Control system (S-AWC), starts at $36,198. Our tester was further bolstered with the $2,730 Navigation Package, for an as-tested and meaty price of $38,928.

For that, you get loads of premier safety technology and an Outlander that can really grip the road. The S-AWC system, first developed for the over-achieving Evolution sports sedan, keeps the crossover seriously connected to the road in any twisty and/or slippery condition.

The interior is uncluttered and effective, with new soft-touch materials.

But the rub is, you rarely feel like pushing the cornering experience in the Outlander. A bit bigger and heavier than its compact-CUV competitors, it unfortunately feels even taller, heavier and a bit nervous at the wheel.

The GT's 3.0-litre V6, good for 227 horsepower and 215 lb.-ft. of torque, is certainly powerful and refined enough, and the six-speed transmission shifts smoothly.

Fuel economy is rated at 11.5 L/100 km in the city and 8.4 on the highway.

The interior is uncluttered and effective, with new soft-touch materials for 2015. It's easy to find a sweet spot in the driver's seat, with lots of adjustability and visibility.

The SE and GT models come with a third row of seating, but it's super-tight back there.

The GT's 710-watt Rockford Fosgate sound system, with eight speakers and a 10-inch subwoofer in the cargo area, was predictably awesome.

Lower-level Outlander models have less high-tech hardware and fewer gizmos to talk about, but seem to have no problem finding buyers. In fact, Outlander outsells many competitors that have more name recognition.

So it is definitely one to consider for a test drive, especially if you need V6 power or seven seats in a CUV.

Compare

1 Ford Escape
Base price: $25,249
Top-selling compact SUV in Canada. Stylish and agile.

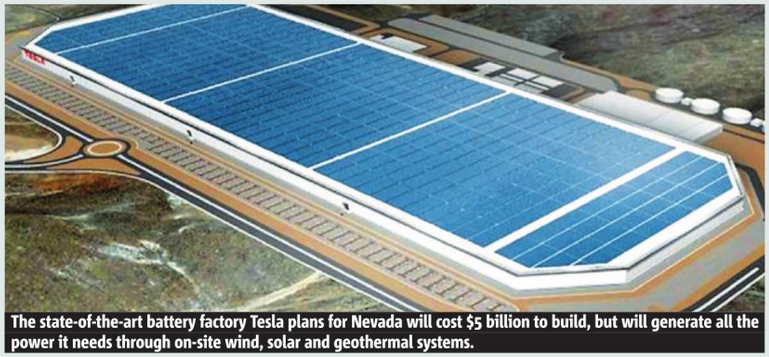
2 Honda CRV
Base price:$27,863
Solid and well-designed. Techy and terrific 188-hp engine.

3 Toyota RAV4
Base price: $25,695
Good interior packaging and materials. Secure road manners.

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Tesla factory will cut battery-production costs

Tesla Motors' newly announced multi-billion dollar gigafactory near Reno, Nev., will single-handedly make more lithium ion batteries than any plant in the world, says CEO and founder, Elon Musk. Vital to Tesla's goal of mass-market electric car sales, the $5-billion state-of-the-art plant is designed to drive down lithium ion cell production costs by as much as 30 per cent, Musk said. The California-based auto maker intends to accelerate the production of its Tesla electric cars to "hundreds of thousands" of units per year from its current annual output of about 35,000. Aside from the plant's massive size, it will be able to generate all its power needs on-site from wind, solar and geothermal systems. **ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM**



The state-of-the-art battery factory Tesla plans for Nevada will cost $5 billion to build, but will generate all the power it needs through on-site wind, solar and geothermal systems.

Mini flatbed truck opens possibilities

Japan's oldest automaker, Daihatsu, has developed a zero-emission mini flatbed truck that creates electricity from a liquid combination of hydrogen and nitrogen.

The automaker claims its liquid-fuel-cell system offers a high power density similar to that of hydrogen, but because the mixture renders the fuel liquid, it's easier to handle and transport than hydrogen gas.

The FC Deco Deck Concept's fuel system is simple, compact and low-cost to produce, and doesn't require the use of any precious metals (a big part of the cost of hydrogen fuel cells).

The Gizmag website says the Deck's on-board generator could make it an ideal vehicle to supply power in emergency situations, or at remote locations.

Shift points

- Move over Honda Civic, Toyota Corolla and Volkswagen Beetle: Ford's subcompact Fiesta has become the United Kingdom's best-selling car ever. Now in its sixth generation, more than 4.1 million Fiestas have been sold in the U.K.
- Within days of showing an electric concept version of its venerable 9-3 midsize sedan, beleaguered Swedish automaker Saab has filed for bankruptcy, again. Its new Chinese owners, National Electric Vehicle Sweden (NEVS), have struck out, securing the additional investors it needs to keep the automaker running.

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Freight and air tax ($100, if applicable) included. License, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer, which may be extended or withdrawn at any time without notice. ††Fall Bonus: Eligible owners receive up to $1,500 manufacturer to dealer cash credit (tax exclusive) for 2014 Chevrolet Cruze LTZ, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $2,500 credit which will result in higher effective interest rates. Discount varies by model and excludes. ‡Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013, 2014, 2015 model year Chevrolet car, SUV, crossover and pickups models delivered in Canada between October 1 to October 31, 2014. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $1500 credit available on all eligible Chevrolet vehicles. Offer applies to eligible current owners or lessees of any model year 1999 or newer pick-up truck that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit is a manufacturer to consumer incentive (tax inclusive) $1,000 credit available towards the retail purchase, cash purchase or lease of one eligible 2013, 2014, 2015 model year Chevrolet Silverado 1500 or GMC Sierra 1500 delivered in Canada between October 1 to October 31, 2014. 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Ramping up the damp for Camaro Z/28

Driving Force. High-performance version of Chevy sports car needed more dynamic handling for the racetrack

JIL MCINTOSH
drive@metronews.ca

Engineering specialist Anthony Lyscio helped develop a suspension damping system for the Camaro. JIL MCINTOSH

Shock absorbers and struts play an essential role in keeping your vehicle safely on the road.

They absorb bumps and help keep your tires firmly planted on the road, but there are high-performance versions that stiffen the ride and allow for more dynamic handling on sports cars.

The Chevrolet Camaro Z/28 uses a new system, called Dynamic Suspension Spool Valve (DSSV) Dampers, intended to improve the car's handling during intense use on a racetrack.

"We identified a need and looked at what systems were out there, but they didn't do the job we wanted to accomplish," says Anthony Lyscio, an engineering specialist at GM's Canadian Regional Engineering Centre in Oshawa, which created the DSSV system. "We couldn't solve it with (existing systems), so we came up with our own invention."

When you go over a bump, the vehicle's springs absorb the impact to give you a comfortable ride. But, on their own, they would continue to bounce the car up and down. The shock absorbers dissipate this energy to reduce the bouncing and keep the car under control.

Most of them are essentially hollow tubes filled with oil and bolted between the frame and the wheel. Inside is a piston that contains tiny holes. Oil passes through these holes as the piston moves in and out, slowing its movement and controlling the car's bounce.

This is known as damping, which is why shocks are also called dampers. The rate at which the oil passes through helps to determine how softly or firmly the car will ride.

Most shock absorber pistons use flexible steel discs to control the internal oil flow, but the DSSV system uses a spool valve with laser-cut ports, which allow additional oil flow when required.

The ports provide more consistent operation than a shock absorber with steel discs, and allow the engineers to "tune" the shock for the car's high-performance ride and handling.

How the suspension is tuned depends on the vehicle. Everyday cars have a softer ride for comfort, but sports cars need firm suspension to help the driver with control on hard curves and at high speeds.

The Z/28 also comes with stiffer springs than a regular Camaro, which give a harsher ride but provide even better performance on a track.

The spool valve already existed — created by auto parts supplier Multimatic and used in motorsports. Lyscio's team had to take the technology and adapt it to the car.

"I like to say I can do the impossible, it just takes me longer," he says. "It's rare that there's something completely new. More often than not, it's taking pieces of existing things and combining them differently."

Bouncing is bad

- Struts work similarly to shocks to control energy, but they are also an integral part of the vehicle's suspension system. The two are not interchangeable.
- Shock absorbers eventually wear out and should be replaced if they start to leak or no longer adequately control movement.
- A bouncy car is dangerous because the tires momentarily lose contact with the pavement, which can result in loss of steering control.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You must honour your side of some sort of bargain. If you don't, your reputation will head south. It works both ways. You can demand that others live up to their obligations as well.

♉ Taurus
April 21 - May 21
You seem to be in one of your silly moods — and that's a good thing. Most days you might worry what others think of your behaviour but today you just cannot be bothered.

♊ Gemini
May 22 - June 21
Something you take for granted will be changed beyond recognition over the next few days. But seeing as it is so clearly a change for the better, you won't be in the least bit worried.

♋ Cancer
June 22 - July 23
This may be an emotional time in your life but there are people who love you and are always there for you. If you are smart you will call on them. They will ease your fears.

♌ Leo
July 24 - Aug. 23
If you need to take stock of your money situation, this is a good time. But don't get so caught up in dollars that you view everything as profit or loss.

♍ Virgo
Aug. 24 - Sept. 23
Today's powerful cosmic activity means you can, if you wish, force your will on others. It may be profitable but is it right?

♎ Libra
Sept. 24 - Oct. 23
You should be able to find ways to deal with the challenges you'll face today. Even if they prove tougher than expected, surely there is someone you can turn to for help.

♏ Scorpio
Oct. 24 - Nov. 22
What you do in private today is more important than what you do in public, especially as it will help build emotional bonds with people you may have neglected in recent months.

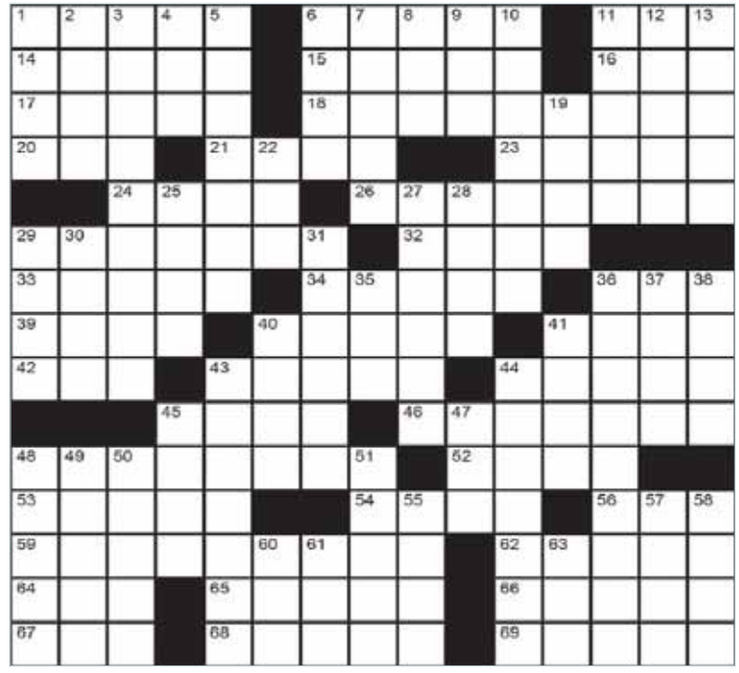
♐ Sagittarius
Nov. 23 - Dec. 21
Your independence is precious to you and that means you are likely to clash with someone who does not believe you should be allowed to have radical opinions.

♑ Capricorn
Dec. 22 - Jan. 20
Remember, no matter how well you do in life and no matter how high up the ladder you climb, there is always someone bigger and badder than you.

♒ Aquarius
Jan. 21 - Feb. 19
Whatever else life may be at the moment, it certainly isn't dull. The Sun in your fellow Air sign of Libra makes even mundane events seem more exciting.

♓ Pisces
Feb. 20 - March 20
You may not be able to make sense of what is taking place around you. The important thing is that what it is you're trying to do is clear in your mind.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Bite into, puppy-style: 2 wds.
6. Fibre-__ cable
11. Noncom. officer
14. Irish tune: "Robin __"
15. Raptor's Staples Center competitor
16. Canadian journalist Mr. Velshi
17. Tosca aria: "__ d'arte"
18. Manitoba's motto, '__ et liber'
20. Hitherto
21. Hillside
23. "Danke __!"
24. Ornamental case
26. 1959: Canada's National Ballet School founding Principal, Betty __
29. Museum bigwig
32. Puccini aria: "_ __ Babbino Caro"
33. Ms. Potts
34. Inert gas
36. _-d'Or, Quebec
39. Ms. Vardalos'
40. Potsie's portrayer
41. Canadian restaurant chain known for its breakfast/lunch menu
42. NYSE's 'S', briefly
43. __ __ water
44. Coin toss call!
45. Minstrel's instrument
46. Wet plaster murals
48. "Brick by Boring Brick" band
52. Deep __ bend (Gym move)
53. Out on _ __
54. __ sign (Bright advertisement)
56. Simon & Garfunkel's "__. Robinson"
59. Lynryd Skynyrd song that goes "All that you need is in your soul.": 2 wds.
62. Anticipate
64. __ kwon do
65. Strain
66. Cacophonic
67. -enne relative
68. Condemns
69. Classic communication system

Down
1. Village People's "In the __"
2. "Thus with a kiss _ __." - Romeo
3. Harley __, Toronto-born celebrity fitness motivator
4. Three-toed sloths
5. Canadian magazine about Hollywood
6. Actress Ms. Kurylenko
7. The __ Diet ('Caveman' diet)
8. Boxing stat.
9. Occupational suffix
10. Mr. Glover
11. Bird in Disney's animation of Peter and the Wolf
12. Physics Class: Particular particle
13. Dainty denial
19. Eight: Spanish
22. "Notorious" (1946) setting
25. Cocktails, Mai __
27. Depart the Web: 2 wds.
28. "__ __ next!" (Performer's exclamation)
29. Coke containers
30. Division
31. New York __, Mark Messier, once
35. '70s record label
36. Telephone message: 2 wds.
37. Janis' comics co-star
38. Scottish miss
40. Prefix to 'matic'
41. Shell
43. Topsy-turvy
44. Canadian ballet legend Veronica
45. Nightstand item
47. Classic lettered movie studio
48. Tomato __
49. Old Jennifer Garner series
50. Singer LeAnn
51. Supply weapons
55. Specialized doctors, e.g.
57. Stand
58. "Renegade" rockers
60. Prefix meaning 'Outer'
61. My own, in Latin
63. Tribulation

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1						5	2	
	4	2			1			
		5			9	3		
8				6			7	
	5	7				4	1	
	1			7				5
		3	7			2		
			3			7	6	
	9	8						3

Yesterday's Sudoku

4	5	7	6	3	1	9	2	8
1	3	6	9	8	2	7	4	5
9	8	2	7	5	4	1	3	6
8	7	1	2	6	3	5	9	4
3	6	9	5	4	7	2	8	1
5	2	4	1	9	8	3	6	7
7	9	3	8	1	6	4	5	2
6	1	5	4	2	9	8	7	3
2	4	8	3	7	5	6	1	9

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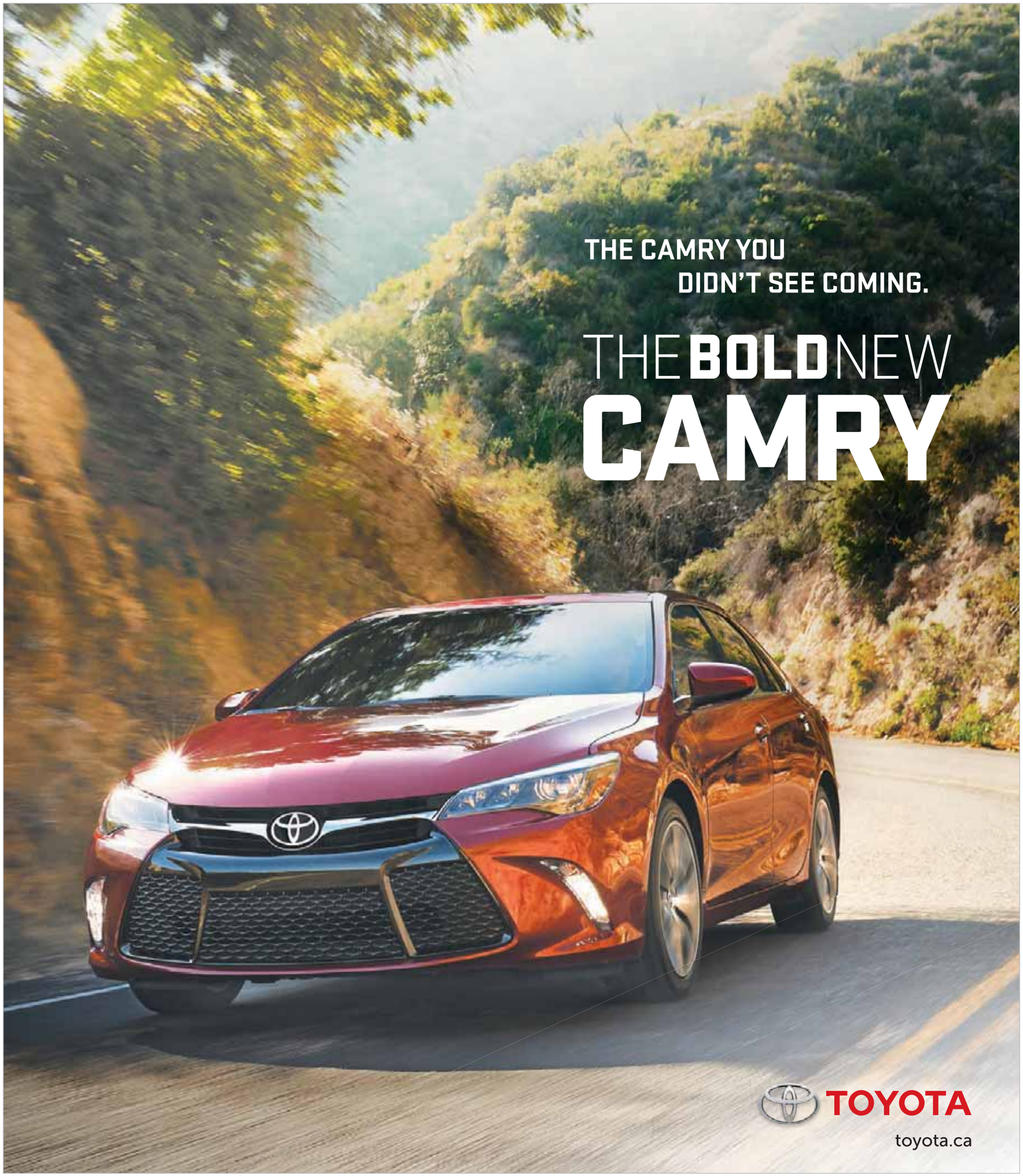
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library
Citizenship and Immigration Canada
Citizenship et Immigration Canada
WelcomeBC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